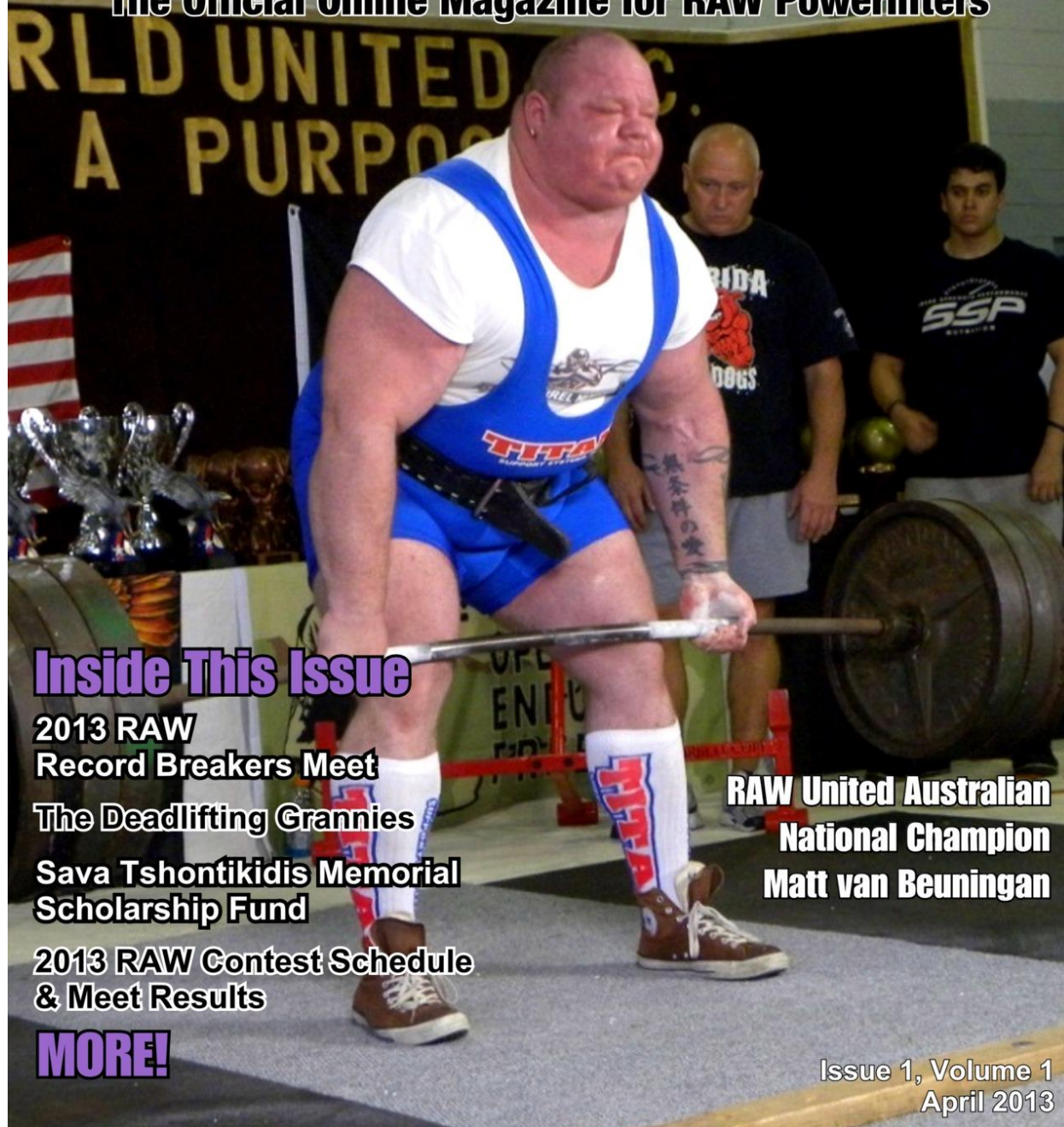


STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official Online Magazine for RAW Powerlifters



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Record Breakers Meet

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& Meet Results

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RAW United Australian
National Champion
Matt van Beuningan

Issue 1, Volume 1
April 2013

**Mike Witmer Memorial Florida State Championships
Part I
Sunday, May 5, 2013
Sanctioned by R.A.W. United**



***Hosted by Bulldog Powerlifting
Jackson Springs Recreation Center
8605 Jackson Springs Road * Tampa, FL 33615***

**DOWNLOAD YOUR ENTRY AT:
<http://rawunited.org/contest-schedule/>**

**Entry Deadline: Saturday, April 20, 2013
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or rawunitedinc@gmail.com**

**Mike Witmer Memorial Florida State Championships
Part II
Saturday & Sunday, May 11-12, 2013
Sanctioned by R.A.W. United**



***Hosted by Wildcat Powerlifting
West Shore Jr./Sr. High School * 250 Wildcat Alley * Melbourne, FL 32935***

**DOWNLOAD YOUR ENTRY AT:
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Issue 1, Volume 1
April 2013

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STRONG LIFE is the premier, on-line publication for raw powerlifters, and is offered free of charge to the powerlifting community through STRONG LIFE CHRISTIAN MINISTRIES, INC. From contest reviews to feature stories, training tips to nutritional guidelines, spiritual truths to behind-the-scenes fun, STRONG LIFE covers everything the strength community needs to know through high profile interviews, awesome photography, and intense editorial coverage.

The only publication of its kind, STRONG LIFE focuses on the positive influences that the world's strongest sport has on families and communities. Our mission is to honor God while showcasing the amazing talent, culture, and lifestyle of raw lifters.

Advertising proceeds from STRONG LIFE are utilized to support the Sava Tshontikidis Memorial Scholarship Fund, a college scholarship fund for high school seniors.



SERIOUS GEAR FOR SERIOUS POWER

DEADLIFT SOCKS
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LEVER, BUCKLE, BENCH BELTS

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The advertisement features a central barbell with weights. To the left, the words 'STRONG' and 'LIFE' are written vertically in a stylized, distressed font. The background is dark with a repeating pattern of a skull and the words 'STRONG LIFE'. The gear items shown include a blue and red sock, a black knee sleeve with a logo, a black wrist wrap, a black lever belt, and a green buckle belt with 'GARAGE INK' written on it.

Thanks to Mark Martin of EO Sports Gear for his support of STRONG LIFE!

STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official On-Line Magazine for RAW Powerlifters
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Sir Charles Venturella provided the awards for the 2013 RAW Record Breakers Meet

INSIDE THIS ISSUE:

On the Cover:
What's Inside

The "On the Cover" section of STRONG LIFE will contain an overview of the current issue.

Jesus Zone:
Privileged

The "Jesus Zone" section of STRONG LIFE will be written by Chaplain Paul Simmons and will discuss the fusion of faith and fitness.

Contest Feature:

2013 RAW Record Breakers Meet

The "Contest Feature" section of STRONG LIFE will feature full coverage of a RAW contest that took place during the publication times. Contest Directors are encouraged to send in full results with pictures as soon as possible to ensure timely reporting!

Team Spotlight:

The "Deadlifting Grannies" of Bulldog Powerlifting

The "Team Spotlight" section of STRONG LIFE will feature a RAW Powerlifting team. Coaches are encouraged to send in feature stories and pictures on their team!

Power Leaders:

Coaching RAW Lifters

The "Power Leaders" section of STRONG LIFE will feature a coach/leader of the sport. RAW lifters are encouraged to submit a bio and pictures of a coach/leader in their community!

Brains & Brawn:

The Sava Tshontikidis Memorial Scholarship Fund

The "Brains & Brawn" section of STRONG LIFE will feature a student athlete from the RAW ranks. Coaches and Meet Directors are encouraged to submit a bio and pictures of a student athlete that impacts their community in a positive way!

The Training Table:

Training and Nutritional Advice for RAW Lifters

"The Training Table" section of STRONG LIFE will focus on training and nutritional advice for RAW lifters. Coaches and athletes are encouraged to submit articles and pictures discussing training methods and nutritional strategies!

RAW Contest Schedule & Results:

Contest Dates and Results from Contributing Federations

The "RAW Contest Schedule & Results" section of STRONG LIFE will list upcoming RAW meets free of charge for Meet Directors from all federations. Meet Directors are also encouraged to send in full results with pictures as soon as possible to ensure timely reporting!



Chelsea Blocker of Gorilla Bench getting set to pull big at the 2013 Beau Moore Classic sanctioned by R.A.W. United

ON THE COVER: EDITOR'S REVIEW

**"Commit your plans to the Lord and they will succeed."
Proverbs 16:3**

WHAT'S INSIDE

This inaugural issue of STRONG LIFE is dedicated to my dad, Sava Tshontikidis, who went home to be with our Lord on February 3, 2013. Thanks to everyone for your thoughts and prayers!

On the cover is Australian National Champion Matt van Beuningan with his final

pull of 705 pounds at the 2013 RAW Record Breakers Meet. Matt and fellow Aussie Brad Humble (pictured below) traveled to America to compete in the Record Breakers Meet; both were awesome competitors, strong believers, and great guys! We wish them safe travels back home, and look forward to competing with them again!



Melissa D'Errico with the boys from Down Under, Brad Humble (left) and Matt van Beuningan (right)

Meet Directors from ALL federations are encouraged to list their raw contests in the *RAW Contest Schedule* section free of charge and to send contest results and pictures to us; all submitted contest results will be included in the *RAW Contest Results* section.

Full-page advertisements are just \$100 for ALL 2013 issues, and pages can be updated throughout the year at no additional charge.

Proceeds from STRONG LIFE advertising are utilized for the Sava Tshontikidis Memorial Scholarship Fund, a college scholarship fund for high school seniors.

Thanks again for your support of STRONG LIFE CHRISTIAN MINISTRIES; it is our hope and prayer that we serve you with honesty and integrity!

God Bless, Spero



Service Awards at the RAW Record Breakers Meet honoring lifters that served as judges, spotter/loaders, etc. throughout the 2012 powerlifting season

Left to Right:

Beau Moore, Bob Gaynor, Mark Martin, Shawn "Bud" Lyte, Tony Conyers, Carmen Soto-Aguirre, Danny Aguirre, Bill Beekley, Kyle Mishler, Tom "Pipes" O'Donnell, Jordan Wong, Barry Gershman, and Pete Classon

JESUS ZONE: THE FUSION OF FAITH & FITNESS

**“Be strong in the Lord and the power of His might.”
Ephesians 6:10**

**PRIVILEGED
Gospel of Mark, Chapter 5, Verses 35-43**

Powerlifting is a sport for all ages and abilities. At the 2013 RAW Record Breakers Meet, ten year old Kolbe Butler shared the platform with ninety-one year old Edith Traina; “in between” were some of the sport’s top lifters, to include Loma Amore, Jessica Cockreham, Lance Hickey, Jordan Wong, and Beau Moore. Those of us present were privileged to witness this reality first-hand. More important, we witnessed the encouragement and support that these athletes received from each other, as well as their willingness to serve as spotters, loaders, scorers, and judges when not competing.

Teenagers Brett Benedix, Moriah Douglas, and Jacob Sundeley electrified the platform. Brett nailed a 460 pound squat to break the federation record established by the legendary Tony Conyers! You can view Brett’s incredible squat by clicking the following link:

<http://www.powerliftingwatch.com/node/243>
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Moriah’s final pull of 202 pounds was one of the most exciting lifts ever recorded on tape, and Jacob’s 1310 total gave him a first place finish in the 198s. Jessica, Loma, Lance, Jordan, and Beau shattered the record books in a meet that saw over 500 records established. Most inspiring was Bill Beekley’s “Bulldog Powerlifting Team,” led by ninety-one year old Edith Traina. Edith, Trudy Daxon, Sarah Hand, and Carmen Gutwirth (better known as the “Deadlifting Grannies”) brought the crowd to its feet on every attempt!



Marissa Cawthon of Bulldog Powerlifting is maturing into a top teenage lifter

As one of Jesus' most beloved and privileged leaders, the apostle Peter saw some astonishing things, too. The Gospel of Mark records how Jesus allowed no one to follow Him to the home of Jairus, a synagogue ruler whose daughter had just died from an illness, except Peter and the brothers James and John. For a reason not clearly spelled out in the Scripture, Jesus wanted only these three leaders with Him when He performed one of His most amazing miracles – raising Jairus' daughter from the dead.

No one could see what Peter saw that day without coming away profoundly changed and inspired. Peter had witnessed Jesus cast out demons and perform miracles of healing, and He had heard Him teach with God-given authority. But on this remarkable day, Jesus gave Peter the privilege of seeing how He held power over life and death itself.

Witnessing extraordinary lifts on the competitive platform can also leave a lasting impression. Who can forget teenage lifter Brett Benedix breaking Tony Conyers' squat

record or Moriah Douglas' record setting 202 pound deadlift at the RAW Record Breakers Meet? How about Vashon Perryman's world record lifts at the RAW Unity Meet? Each of these moments, coupled with the incredible energy and support that permeates the main lifting area, gives us a glimpse into heaven. Although they represent nothing more than a moment in time, they also define the results of a disciplined lifestyle and allow us to experience the love and encouragement heaven will one day reveal to us in ways we cannot possibly imagine.

All who believe in the Lord Jesus Christ for their salvation have access to Him at any time. But at special times, Jesus calls us to see and hear special things, things that we alone have the privilege to witness. The competitive platform is no different – we simply have to keep our eyes open and our hearts ready!

A complete teaching of Mark 5:35-43 can be found in The Maxwell Leadership Bible, with articles written by John C. Maxwell.



*Vince Bowers, Matt van Beuningen, and Nigel Clark
This is one of the coolest "non-lifting" pictures Bud has ever taken!*



**THANKS TO BUD LYTE & BMF SPORTS
FO THEIR SUPPORT OF STRONG LIFE!**

CONTEST REVIEW: RAW RECORD BREAKERS MEET

**“I can do all things through Christ who strengthens me.”
Philippians 4:13**

In March 2012, powerlifting legend Bob Gaynor encouraged me to host a “RAW Record Breakers Meet.” As we put together the 2013 schedule, Bob, Bill Beekley, and I agreed that a January date would draw a strong contingent for the inaugural contest. Fortunately, God agreed, and 142 athletes registered to compete. With the likes of Led Zeppelin, Ronnie Montrose, Bride, Jimi Hendrix, Shinedown, and a host of “powerlifting friendly” bands permeating the Jackson Springs Recreation Center, over 500 records were shattered in the two-day event!

Megan Lee, representing Wildcat Powerlifting in Melbourne, Florida, captured Best Lifter honors, breaking all four records in the 77 pound class to include an easy 135 pound deadlift. Teammate Chloe Desantis, competing in her first meet, went eight for nine to finish with a 250 pound total in the 12-13, 97s. Michelle Gorski, representing Ridgewood High School in Port Richey, Florida, nailed record lifts in the squat and bench to take the 97s. Ridgewood’s

Samantha Martinez competed solo in the 105s, finishing with a record 120 pound squat. Rising star Jessica Cockreham, lifting with Gold’s Gym out of Fort Myers, Florida, continued her march toward the top of the rankings in the 114s, going 260, 145, and 310 for an impressive 715 pound total and Champion of Champion honors. Teenage 114 pounders Kaitlyn Smith (World Gym in Port St. Lucie, Florida), Victoria Schaefer (Ridgewood), Moriah Douglas (Wildcats), and Morgan Drummond (Ridgewood) all posted record lifts to round out the class. Victoria captured the Champion of Champions award and Moriah’s final deadlift, which can be viewed at:

<http://www.powerliftingwatch.com/node/243>

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***Sixteen year-old Moriah Douglas of Wildcat Powerlifting with a record squat
Check out Moriah’s deadlift video above!***



Jessica Cockreham solidified her position as one of the nation's top 114 pounders

was one of the most incredible lifts I have witnessed in nearly thirty years as a contest director. Sarasota Barbell lifter Dana Harenda edged out Gold's Gym lifter Chelcie Almeyda to take the 123s, and twelve year-old Allie Henderson of the Wildcats took teenage honors and a record bench home to round out the class. Carmen Soto-Aguirre, also lifting with Gold's Gym, broke records across the board to win the 132s. Wildcat lifters Katelyn Kilpatrick and Shaye Wilson both broke records and brought home silver and bronze, while Silvia Gonzalez (Ridgewood), Jennifer Rivas (Ridgewood), and Brittany Barreiros (Wildcats) all finished within thirteen pounds of each other to complete the 132s. R.A.W. United's 2008 Armed Forces Lifter of the Year Marie Ferejan returned to the platform and took the 148s on bodyweight, edging all-time record holder Loma Amore of World Gym. Marie went 280, 185, 315 and Loma went 285, 155, 340 to both finish at 780 pounds. Incredible lifting! Arielle Champagne, Joann Andrews (Gold's Gym), and Monique Dudley battled for the next three spots, followed by a third battle between Marissa Cawthon (Bulldog

Powerlifting) and Faryn Antenucci (Wildcats), and a final match-up between Wildcat lifters Briana Barreiros and Amelia Langford, and Carmen Gutwirth, one of the famous "Deadlifting Grannies." Bulldog lifter and fellow "Deadlifting Granny" Sarah Hand competed in the 75-79 push/pull, going 45, 112 in her debut meet. As you can see, the 148s proved to be a truly incredible weight class consisting of great athletes that supported each other throughout the weekend! Submaster Julie Wilson took top honors in the 165s, followed by Powerhouse Gym's (West Palm Beach, Florida) Kathy Cox. Ridgewood lifter Tayla Pesce and "Deadlifting Grannies" Edith Traina and Trudy Daxon finished out the class. Edith, who is ninety-one years young, is an inspiration for us all! Wildcat lifters Dulcy Olson and Brettany Murdock scored big with first and second place finishes catapulting the Wildcats to their first place finish and the overall women's team title. Finally, Melissa D'Errico and Ridgewood lifter Teya Bevilacqua lifted strong to culminate the women's lifting, finishing at 695 and 415, respectively.



Above:
Kaitlyn Smith (left) of World Gym in Port St. Lucie, Florida and Dana Harenda (right) of Sarasota Barbell in Sarasota, Florida

Below:
Carmen Soto-Aguirre (left) of Gold's Gym in Ft. Myers, Florida and Arielle Champagne (right) of Tampa, Florida



Congratulations to all the ladies that competed at the 2013 RAW Record Breakers Meet! Bob and I thank you for supporting R.A.W. United and its mission, and we look forward to seeing you on the platform later

this year! In response to the huge number of women that supported this year's event, a "Women's Championships" is already in the works for the 2014 powerlifting season!





All-time record holder Loma Amore (above) of World Gym in Port St. Lucie, Florida and Marie Fejeran (below) of Orange Park, Florida are two of the nation's top Master lifters



Women's Division:

IRONMAN, No Belt

77	12-13	Megan Lee	87	52	135	274
97	12-13	Chloe Desantis	75	55	120	250
114	16-17	Moriah Douglas	147	90	202	439
123	12-13	Allie Henderson	115	72	185	372
132	16-17	Katelyn Kilpatrick	117	85	202	404
	18-19	Shaye Wilson	110	72	165	347
	12-13	Brittany Barreiros	85	52	145	282
148	14-15	Faryn Antenucci	152	80	202	434
	14-15	Briana Barreiros	90	67	155	312
	14-15	Amelia Langford	90	62	155	307
165	65-69	Carmen Gutwirth	100	50	155	305
181	14-15	Dulcy Olson	145	72	210	427
	12-13	Brettany Murdock	100	82	170	352



Wildcat Powerlifting captured the Overall Women's Team Title at the 2013 RAW Record Breakers Meet!

The Wildcats are currently being supported through a Fellowship granted by "The Mission Continues," a veteran's service organization that promotes community service projects.

Learn more at www.missioncontinues.org!

Women's Division:

IRONMAN, Belt

77	12-13	Megan Lee	87	52	135	274
97	12-13	Chloe Desantis	75	55	120	250
114	16-17	Moriah Douglas	147	90	202	439
123	12-13	Allie Henderson	115	72	185	372
132	35-39	Carmen Soto-Aguirre	185	97	270	552
	16-17	Katelyn Kilpatrick	117	85	202	404
	18-19	Shaye Wilson	110	72	165	347
	12-13	Brittany Barreiros	85	52	145	282
148	20-24	Arielle Champagne	225	120	285	630
	14-15	Marissa Cawthon	135	75	225	435
	14-15	Faryn Antenucci	152	80	202	434
	14-15	Briana Barreiros	90	67	155	312
	14-15	Amelia Langford	90	62	155	307
	75-79	Sarah Hand	-	45	112	157
165	35-39	Julie Wilson	260	155	285	700
	35-39	Kathy Cox	215	105	325	645
	65-69	Carmen Gutwirth	100	50	155	305
	90-94	Edith Traina	-	45	110	155
	85-89	Trudy Daxon	-	-	150	-
181	14-15	Dulcy Olson	145	72	210	427
	12-13	Brettany Murdock	100	82	170	352



Julie Wilson of Lehigh Acres, Florida is a rising star in women's powerlifting!



Above:
The girls from Ridgewood High School in Port Richey, Florida rocked the platform at the 2013 RAW Record Breakers Meet!

Below:
Gold's Gym lifters Chelcie Almeyda (left) and Joann Andrews (right)



Women's Division:

RAW

97	16-17	Michelle Gorski	130	80	175	385
	12-13	Megan Lee	87	52	135	274
	12-13	Chloe Desantis	75	55	120	250
105	16-17	Samantha Martinez	120	65	140	325
114	30-34	Jessica Cockreham	260	145	310	715
	18-19	Kaitlyn Smith	200	95	270	565
	16-17	Victoria Schaefer	170	125	210	505
	16-17	Moriah Douglas	147	90	202	439
	16-17	Morgan Drummond	120	110	170	400
123	20-24	Dana Harenda	230	105	290	625
	20-24	Chelcie Almeyda	195	115	260	570
	12-13	Allie Henderson	115	72	185	372
132	35-39	Carmen Soto-Aguirre	185	97	270	552
	16-17	Katelyn Kilpatrick	117	85	202	404
	18-19	Shaye Wilson	110	72	165	347
	16-17	Silvia Gonzalez	55	80	160	295
	16-17	Jennifer Rivas	95	60	125	290
	12-13	Brittany Barreiros	85	52	145	282
148	40-44	Marie Ferejan	280	185	315	780
	60-64	Loma Amore	285	155	340	780
	20-24	Arielle Champagne	225	120	285	630
	55-59	Joann Andrews	220	140	260	620
	16-17	Monique Dudley	220	100	300	620
	14-15	Marissa Cawthon	135	75	225	435
	14-15	Faryn Antenucci	152	80	202	434
	14-15	Briana Barreiros	90	67	155	312
	14-15	Amelia Langford	90	62	155	307
	65-69	Carmen Gutwirth	100	50	155	305
	75-79	Sarah Hand	-	45	112	157
165	35-39	Julie Wilson	260	155	285	700
	35-39	Kathy Cox	215	105	325	645
	18-19	Tayla Pesce	-	95	130	225
	90-94	Edith Traina	-	45	110	155
	85-89	Trudy Daxon	-	-	150	-
181	14-15	Dulcy Olson	145	72	210	427
	12-13	Brettany Murdock	100	82	170	352
198+	30-34	Melissa D'Errico	240	205	250	695
	16-17	Teya Bevilacqua	130	115	170	415



Above:
Teenage lifter Monique Dudley of Brandon, Florida

Below:
Gold's Gym of Fort Myers, Florida
Left to Right:

Joann Andrews, Jessica Cockreham, Danny Aguirre, Carmen Soto-Aguirre, and Chelcie Almeyda



On the men's side, teenage lifter Brett Benedix of World Gym in Port St. Lucie, Florida electrified the crowd with his 460 pound squat in the 16-17, 148s to break Tony Conyers' federation record! Brett went on to break the deadlift and total records as well, and capture Best Lifter honors with his 1115 pound total. Craig Rudolph, who recently returned home from a tour in Afghanistan, went seven for nine in the 165s, placing first and taking home Best Lifter honors. Craig stuck around after competing to help with the spot/load duties – thanks brother! Tampa, Florida's Doug Phan, World Gym's Ethan Goldberg, teenage lifter Bryan Palombo of Hudson, Florida, and Samson Strength & Conditioning (Port St. Lucie, Florida) owner Sean Mathison battled it out for the next four spots finishing within forty pounds of each other.

Junior Keith Schneider of Hinckley, Ohio lifted extremely well to take home the gold in the 181s, finishing with an impressive 1300 pound total. Chris Jacobson of World Gym, Devon Palombo of Hudson, Florida, Peter Baker of Wesley Chapel, Florida (who was sporting some pretty cool socks!), and Ocala, Florida's Don Beasock battled it out for second through fifth, finishing with a twenty pound spread. Teenage lifter Josh Vogel of Gibsonton, Florida displayed great potential on the platform, and is likely to be a rising teenage star in the months to come! Bench press specialist Bobby Keys of Wesley Chapel, Florida rounded out the class with an impressive 420 pound record bench in the submasters! Bryan Chaikin of Charleston, South Carolina posted huge numbers to place first in the 198s, finishing with a 1385 total. Junior Roman Romanenko of Venice, Florida and teenager Tanner Wright (a protégé of Irish Iron team leader Tom O'Donnell) of Safety Harbor, Florida battled for the next two spots, and Powerhouse Gym's Mark Kreiger returned to the platform and posted an impressive 1180 total in the 50-54 age group.

Irish Iron lifter Kyle Mishler, still recovering from a shoulder injury, went 510, 385, 620 to finish on top in the 220s. Kyle competed

Saturday morning, and spot/loaded on Saturday afternoon and all day Sunday – thanks brother! Tanner's dad, Todd, finished second (pipes and all!) and teenage sensation Jacob Sundry of Elite Fitness in Lakeland, Florida was third overall. Jacob's 505 pound squat, 505 pound deadlift, and 1310 total were all teenage records, and he has plenty more in the tank! Junior powerhouse Jordan Wong of North Port, Florida injured his hip but was still able to total 1680 for gold in the 242s. University of Central Florida's Lance Hickey, competing for the first time under a R.A.W. United sanction, was flawless, and finished with an impressive 1655 total and Champion of Champion honors. Keith's dad, Dave, was the class' top Master lifter; Dave registered lifts of 500, 285, and 600 in the 55-59 year old age group! Deadlift specialist David Stage of Jacksonville, Florida, a veteran of the United States Army, rounded out the class with an awesome 685 pound pull.

Brad Humble traveled from his home in Millbridge, Western Australia to visit the states and compete. Brad took home the gold on lifts of 445, 360, and 530, but made a quick stop in Vegas ... we have no idea what happened, but Brad and fellow Aussie Matt van Beuningen made it home safe! Michael "Shotgun" Francis of Universal Power & Fitness in Orlando, Florida and Lakeland Powerlifting Head Coach Jeremy Bennett posted big numbers in the push/pull. Mike went 390 and 760 before tearing his hand on the bar; Jeremy finished with a 430 bench and 600 deadlift. Master bench specialists Barry Gershman (University of Central Florida) and Fred Goldberg (World Gym) moved big weight as well – Barry pushed 470 and Fred nailed a 465 record bench in the 50-54s just weeks after back surgery. Largo, Florida's Beau Moore and Matt van Beuningen of Collie, Western Australia brought the crowd to its feet on several occasions as both moved massive weight in the supers. Matt's 792 pound squat was good for an open federation record, and Beau posted record lifts in the squat (760) and bench (520) en route to his 2045 total.



Brett Benedix (above) of World Gym in Port St. Lucie and Craig Rudolph (below) who currently serves in the United States Air Force





Above:
Teenage lifters Josh Vogel (left) of Hudson, Florida and Kris Hefner (right) of Lilburn, Georgia
Below:
Charlie Nelson (left) of Clearwater, Florida and U.S. Army veteran Mark Stanhope (right) of St. Petersburg, Florida



THE MAN: BILL BEEKLEY



Bryan Chaikin (above) of Charleston, South Carolina

Brad Humble (below) of Millbridge, Western Australia





Above:
Masters Champions Dave Schneider (left) of Hinckley, Ohio and Dave Whitehead (right) of Powerhouse Gym in West Palm Beach, Florida

Below:
Junior powerhouse Jordan Wong of North Port, Florida



Men's Division:

IRONMAN, No Belt

148	16-17	Connor Krieger	275	190	300	765
	12-13	James Smith	205	145	285	635
165	18-19	Bryan Palombo	340	325	425	1090
	35-39	David Forman	355	230	380	965
	10-11	William Remley	185	105	230	520
181	20-24	Devon Palombo	410	300	500	1210
	16-17	Brandon Marcotte	280	185	335	800
198	20-24	Roman Romanenko	420	315	525	1260
	50-54	Spero Tshontikidis	417	247	512	1176
	45-49	Gene Marcotte	305	295	405	1005
	18-19	Ed Balboni	225	175	345	745
220	16-17	Colton Remley	315	195	455	965
	14-15	Ben Pruet	315	205	335	855
	14-15	Jake Fleming	320	135	270	725
	40-44	Lance Betts	370	-	500	-
242	60-64	Larry Bucchioni	365	240	505	1110
	45-49	Mark Stanhope	320	230	325	875
275	40-44	Larry Dromerhauser	335	225	425	985
	16-17	Justin Cruz	275	200	400	875



Justin Schmidt (left) of Bulldog Powerlifting and Pete Classon (right) of Wildcat Powerlifting

Both lifters competed and helped out the entire weekend, and Justin even found time to have a pen explode on his contest shirt!



Above:
Peter "Socks" Baker (left) of Wesley Chapel, Florida and David Forman (right) of Wildcat Powerlifting

Men's Division:

IRONMAN, Belt

105	10-11	Kobe Butler	-	50	145	195
132	20-24	Timothy Acfalle	-	180	305	485
148	20-24	Casey Hayes	330	245	425	1000
	16-17	Connor Krieger	275	190	300	765
	12-13	James Smith	205	145	285	635
165	18-19	Bryan Palombo	340	325	425	1090
	35-39	David Forman	355	230	380	965
	10-11	William Remley	185	105	230	520
	3034	Greg Meade	-	285	-	-
181	20-24	Keith Schneider	465	275	560	1300
	20-24	Devon Palombo	410	300	500	1210
	25-29	Peter Baker	430	255	520	1205
	30-34	Don Beasock	425	275	500	1200
	20-24	Chris Hayes	410	315	440	1165
	16-17	Josh Vogel	365	290	405	1060
	45-49	Rory Torres	275	245	400	920
	16-17	Brandon Marcotte	280	185	335	800
198	20-24	Roman Romanenko	420	315	525	1260
	18-19	Tanner Wright	405	275	565	1245
	50-54	Spero Tshontikidis	417	247	512	1176
	40-44	Lou Boglio	360	250	405	1015
	45-49	Gene Marcotte	305	295	405	1005
	55-59	Pete Classon	235	255	410	900
	18-19	Ed Balboni	225	175	345	745

220	25-29	Kyle Mishler	510	385	620	1515
	20-24	Brandon Hagerott	405	275	600	1280
	16-17	Colton Remley	315	195	455	965
	14-15	Ben Pruet	315	205	335	855
	14-15	Jake Fleming	320	135	270	725
	40-44	Lance Betts	370	-	500	-
	40-44	Jorge Acevedo	-	420	-	-
	55-59	Ret Tanner	-	310	-	-
	50-54	David Whitehead	-	285	-	-
55-59	Charlie Nelson	-	-	490	-	
242	55-59	Dave Schneider	500	285	600	1385
	20-24	Mike Fleming	475	330	505	1310
	60-64	Larry Bucchioni	365	240	505	1110
	16-17	Kris Hefner	385	280	435	1100
	45-49	Mark Stanhope	320	230	325	875
	18-19	Nathan Todd	-	385	500	885
	12-13	Justin Schmidt	-	75	200	275
25-29	David Stage	-	-	685	-	
275	40-44	Larry Dromerhauser	335	225	425	985
	16-17	Justin Cruz	275	200	400	875
	50-54	Michael Francis	-	390	760	1150
SHW	45-49	Beau Moore	760	550	735	2045



Beau Moore of the Florida RAW Dogs gets the crowd fired up at the 2013 RAW Record Breakers Meet



Above:
Champion of Champions Lance Hickey of the University of Central Florida

Below:
Mark Kreiger (left) of Powerhouse Gym in West Palm Beach, Florida and Mike "Shotgun" Francis of Universal Power & Fitness Gym in Orlando, Florida



Men's Division:

RAW

114	16-17	Patrick Hemond	160	125	215	500
	10-11	Kobe Butler	-	50	145	195
123	18-19	Matt Jacobson	195	120	185	500

132	18-19	Jake Benedix	325	210	365	900
	20-24	Timothy Acfalle	-	180	305	485
148	16-17	Brett Benedix	460	200	455	1115
	20-24	Casey Hayes	330	245	425	1000
	16-17	Connor Krieger	275	190	300	765
	12-13	James Smith	205	145	285	635
	18-19	Reid Becker	-	220	380	600
	16-17	Dillon Durham	-	-	375	-
165	30-34	Craig Rudolph	400	335	525	1260
	20-24	Doug Phan	340	240	550	1130
	20-24	Ethan Goldberg	365	265	475	1105
	18-19	Bryan Palombo	340	325	425	1090
	35-39	Sean Mathison	365	275	450	1090
	35-39	David Forman	355	230	380	965
	10-11	William Remley	185	105	230	520
	3034	Greg Meade	-	285	-	-
181	20-24	Keith Schneider	465	275	560	1300
	20-24	Chris Jacobson	470	225	525	1220
	20-24	Devon Palombo	410	300	500	1210
	25-29	Peter Baker	430	255	520	1205
	30-34	Don Beasock	425	275	500	1200
	20-24	Chris Hayes	410	315	440	1165
	16-17	Josh Vogel	365	290	405	1060
	30-34	Brock Hart	375	225	450	1050
	45-49	Rory Torres	275	245	400	920
	16-17	Brandon Marcotte	280	185	335	800
	35-39	Bobby Keys	-	420	-	-



Jeremy Bennett's Lakeland High School Powerlifting Team from Lakeland, Florida

198	35-39	Bryan Chaikin	475	365	545	1385
	20-24	Roman Romanenko	420	315	525	1260
	18-19	Tanner Wright	405	275	565	1245
	50-54	Mark Kreiger	450	280	450	1180
	50-54	Spero Tshontikidis	417	247	512	1176
	40-44	Lou Boglioi	360	250	405	1015
	45-49	Gene Marcotte	305	295	405	1005
	55-59	Pete Classon	235	255	410	900
	18-19	Ed Balboni	225	175	345	745
	14-15	Cole Sundry	-	170	365	535
30-34	Sam Bozanich	-	425	-	-	
220	25-29	Kyle Mishler	510	385	620	1515
	50-54	Todd Wright	480	300	545	1325
	16-17	Jacob Sundry	505	300	505	1310
	20-24	Brandon Hagerott	405	275	600	1280
	30-34	Layne Norton	595	350	315	1260
	25-29	Josh Cue	435	295	475	1205
	25-29	Alex Kogan	405	290	505	1200
	16-17	Colton Remley	315	195	455	965
	14-15	Hunter Moore	315	170	425	910
	14-15	Ben Pruet	315	205	335	855
	14-15	Jake Fleming	320	135	270	725
	40-44	Lance Betts	370	-	500	-
	40-44	Jorge Acevedo	-	420	-	-
	55-59	Ret Tanner	-	310	-	-
	50-54	David Whitehead	-	285	-	-
50-54	Bill Beekley	-	-	550	-	
55-59	Charlie Nelson	-	-	490	-	
242	20-24	Jordan Wong	650	430	600	1680
	20-24	Lance Hickey	585	370	700	1655
	55-59	Dave Schneider	500	285	600	1385
	20-24	Matt Delgado	495	305	575	1375
	35-39	Matt Lecrone	440	315	585	1340
	20-24	Mike Fleming	475	330	505	1310
	60-64	Larry Bucchioni	365	240	505	1110
	16-17	Kris Hefner	385	280	435	1100
	45-49	Mark Stanhope	320	230	325	875
	18-19	Nathan Todd	-	385	500	885
	18-19	Jonathan Graham	-	315	555	870
	12-13	Justin Schmidt	-	75	200	275
	40-44	Donnie Daubert	-	440	-	-
	25-29	David Stage	-	-	685	-
275	30-34	Brad Humble	445	360	530	1335
	40-44	Larry Dromerhauser	335	225	425	985
	16-17	Justin Cruz	275	200	400	875
	50-54	Michael Francis	-	390	760	1150
	35-39	Jeremy Bennett	-	430	600	1030
	40-44	Barry Gershman	-	470	-	-
	50-54	Fred Goldberg	-	465	-	-
	30-34	Ariel Cortez	-	365	-	-

SHW	45-49	Beau Moore	760	550	735	2045
	25-29	Matt van Beuningan	795	530	705	2030
	16-17	Deelyn Tilley	-	300	585	885
	30-34	Daniel Garber	-	425	405	830



Above:
Team Powerhouse from Powerhouse Gym in West Palm Beach, Florida

Below:
Samson Strength & Conditioning in Port St. Lucie, Florida





Keith Sunde and Team Elite from Elite Fitness in Lakeland, Florida

*Keith was an official meet sponsor at the
2013 RAW Record Breakers Meet*

Thanks brother!

Special thanks to Bill Beekley for hosting all of us the Jackson Springs Recreation Center in Tampa, Florida! Bill is a tireless supporter of R.A.W. United, and Bob and I are honored that he will serve on the Board of Strong Life Christian Ministries; thanks brother!

More thanks to the countless men and women that helped out judging, announcing, spotting/loading, running concessions, driving Bud to the hospital, etc.! I know I will fail to name everyone, but here goes: Carmen and Danny Aguirre, Loma Amore, Dave Bates, Bill Beekley, Vince Bowers, Larry Bucchioni, Tim Burns, Nigel Clark, Pete Classon, Tony Conyers, Donnie Daubert, Larry Dromerhauser, David Foreman, Mike Franz, Bob Gaynor, Barry and Amy Gershman, Rick Hoover, Brad Humble, Kyle

Mishler, Tom O'Donnell, Craig Rudolph, Justin Schmidt, Jack Stevens, Keith Sunde, Eric Talmant, Caryn Tshontikidis, Matt van Beuningan, Jordan Wong, and Andrew Yerrakadu. THANK YOU, THANK YOU, THANK YOU !!!

More thanks to TV Dave Kownack of XTremePower TV for filming the entire event (DVDs can be purchased for just \$25); to Sir Charles Venturella for the AWESOME world globes, eagles, Atlas sculptures, and service plaques; to Brigid and the team at Sandpiper Sportswear for the AWESOME contest shirts; to Shawn "Bud" Lyte of BMF Sports for the AWESOME certificate design; and to Mike Roebuck of Good Impressions Printing for the AWESOME contest certificates!



Bob Benedix and World Gym in Port St. Lucie, Florida

Even more thanks to our contest sponsors: Dennis Cieri of SSP Nutrition, Mark Martin of EO Sports Gear, Shawn "Bud" Lyte of BMF Sports, Keith Sundry of Elite Fitness Gym, and the leadership and staff of The Mission Continues for supporting both the girls of Wildcat Powerlifting and the federation. Thank you all so very much!

And a final thanks to the brave men and women of the United States Armed Forces and our Lord and Savior Jesus Christ. Thanks to our military heroes for defending us and for being a shining example of the greatness of America. And to our God and King, Jesus Christ, for giving Yourself on the cross for our sins and for the many blessings you have poured out on the R.A.W. United family of lifters!



And thanks to my friend and mentor, Bob Gaynor!

**2013 North American Championships
Saturday & Sunday, September 14-15, 2013
Sanctioned by R.A.W. United**



***Hosted by Bulldog Powerlifting
Jackson Springs Recreation Center
8605 Jackson Springs Road * Tampa, FL 33615***

**DOWNLOAD YOUR ENTRY AT:
<http://rawunited.org/contest-schedule/>**

**Entry Deadline: Saturday, August 24, 2013
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or rawunitedinc@gmail.com**

**2013 Gary Gordon Memorial Armed Forces Championships
Saturday & Sunday, September 14-15, 2013
Sanctioned by R.A.W. United**



FREE CONTEST FOR ALL ARMED FORCES PERSONNEL & VETERANS!

*Hosted by Bulldog Powerlifting
Jackson Springs Recreation Center
8605 Jackson Springs Road * Tampa, FL 33615*

DOWNLOAD YOUR ENTRY AT:
<http://rawunited.org/contest-schedule/>

**Entry Deadline: Saturday, August 24, 2013
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or rawunitedinc@gmail.com**

TEAM SPOTLIGHT: THE “DEADLIFTING GRANNIES” OF BULLDOG POWERLIFTING

“As iron sharpens iron, so one man sharpens another.”
Proverbs 27:17



*Deadlifting Grannies:
Sarah Hand, Edith Traina, Coach Bill Beekley, Trudy Daxon, and Carmen Gutwirth*

Powerlifting is a sport for all ages, and the “Deadlifting Grannies” of Bulldog Powerlifting in Tampa, Florida define this truth. Carmen Gutwirth, the team’s youngest member, is seventy, and their “matriarch” is ninety-one year-old Edith Traina. Jon Bernor put together the video below following the 2013 RAW Record Breakers Meet sanctioned by R.A.W. United:

<http://www.powerliftingwatch.com/node/243>

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Coached by Bill Beekley, the Grannies are growing in both number and platform

popularity. STRONG LIFE sat down with the team just prior to the 2013 Beau Moore Classic which Bill and the Grannies hosted.

Who introduced you to powerlifting, and what was it about the sport that inspired you to participate?

Sarah Hand
Age 76
Tampa, Florida

My friends urged me to go with them to exercise or power lift. At first, I went just to be sociable and try out a new experience with them. Now I absolutely love it. I'm devoted to the sport. I love getting stronger and I love the challenge.

Edith Traina
Age 91
Tampa, Florida

I have always enjoyed demonstrating my physical strength, and was searching for something to replace the dancing activities that I did because my equilibrium was starting to go out of balance.

Trudy Daxon
Age 82
Tampa, Florida

Mr. Bill Beekley; I like to stay in shape and am an active senior citizen. I also like to interact with other senior citizens and the younger lifters.

Carmen Gutwirth
Age 70
Tampa, Florida

I started out just wanting to improve my muscle tone and balance. When I discovered that Jackson Springs Recreation Center has weight training equipment and welcomes seniors, I decided to take advantage of the opportunity. The trainer at Jackson Springs, Bill Beekley, showed me how powerlifting is a safe way for people of all ages to get physically fit. It involves a lot more concentration and strategy than I expected, so brain "exercise" is an added bonus. Mostly, it's loads of fun!

What contest are you currently training for, and what are your competitive plans for the remainder of the 2013 season?

Sarah:
Right now I'm taking a break until a heart and circulatory problem is ironed out. However, my physician is very supportive of my powerlifting and I fully intend to get right back into it as soon as I have a procedure or two done. I won't mind "starting over" on the strength of my lifts because now I know I can do it. Powerlifting has given me a lot of confidence.

Edith:
Training for the Beau Moore Classic on March 16, 2013, and plan to continue to compete whenever possible!

Trudy:
I hope to be in the Beau Moore Classic on March 16. Due to current plans, I'm not sure of my next event. I will stay current with the schedule and select when I can attempt to show for a contest.

Carmen:
One of the great things about this sport is that you can compete only against your own past performance if you want to. At first, my friends and I were reluctant to enter any formal competition, but Bill Beekley encouraged us to try it and we're very glad he did. The other competitors are so friendly and supportive and the contests are so exciting that you want to participate in all of them! Right now, I'm preparing for the R.A.W. United Beau Moore Classic contest which is being held at the Jackson Springs Recreation Center in Tampa on March 16th. After that, I just want to continue to improve and be ready for whatever comes along.

What is your weekly training regimen?

Sarah:
After my current break, I will probably train twice a week and then increase to three times a week. My trainer, Bill Beekley, is very encouraging, yet careful so I'll see what he suggests and how I feel. Bill always says to "listen to your body" and I'll do just that!

Edith:
I train with Bill Beekley at the "Bill Beekley Academy of Power Lifting, Senior Division" in the Jackson Springs Recreation Center.

Trudy:
I go to the Jackson Springs Recreation Center and train on Tuesdays and Thursdays with Bill Beekley.

Carmen:
I train three times a week, and do the squat, bench press and deadlift each time. During each session one lift is focused on heavily, with just light work on the other two.



Sarah Hand (right) and Edith Traina (left) with Bob Gaynor Trudy Daxon (left) and Carmen Gutwirth (right) with Bob Gaynor





What advice can you give seniors who may be considering whether or not to begin competitive powerlifting?

Sarah:

Remember your age is just a number. Don't let it hold you back. This sport is great for seniors. It is good for your health in many ways and makes you feel younger.

Edith:

Make every effort to workout with Senior lifters who are just starting and you will be amazed at what and how much you can accomplish each week!

Trudy:

Please try it. You will like it.

Carmen:

First, don't be intimidated by the word "powerlifting." You don't have to be strong to get started. The challenge is to keep improving and learning better technique. For safety and success, the most important thing is to have a good, knowledgeable teacher. I am very fortunate to train with Bill Beekley.

He's an expert on how to use your body properly to get the maximum result with minimum risk.

R.A.W. United is a Christian-based organization that welcomes lifters of all faiths. Please feel free to share how your personal faith has helped you in both powerlifting and in life.

Edith:

The Lord has always given me the spiritual strength to do whatever I have to do, even when I didn't think I would be able to. And now I know I can use my physical strength in much the same way. Thanks again!

Trudy:

If you believe, all are welcome! If you don't believe, all are welcome!

Carmen:

If you believe that your body and mind are gifts from God, to be taken care of and enjoyed, powerlifting certainly provides that outlet. Meeting other powerlifters reminds you of how generous in spirit people can be!



THE MAN: BILL BEEKLEY

Few men in our sport dedicate so much of themselves to its growth. Bill Beekley's selfless sacrifice at the Jackson Springs Recreation Center has literally transformed the lives of young and old over the years. Thanks brother!

FINAL THOUGHTS FROM COACH BILL BEEKLEY:

Just this past spring, God chose me to be the avenue for some truly amazing ladies to be introduced to our great sport. I will be eternally grateful for this opportunity to work with this very special group. These ladies will not let age, medical conditions, or grueling schedules deter them from constantly making efforts to improve. As I fight the aging process myself, as well as little nagging injuries and the feeling we all know too well: "I don't know if I can do this today," I merely need to pause and reflect upon what I have witnessed in the weight room at Jackson Springs. Then I have no excuses not to GET AFTER IT !!! The other thing I marvel at, which is so typical of the type of people that are drawn to this sport, is their genuine concern and love for each other. Their ages and weights are just numbers, impressive though they are. Sarah Hand at age 75 is deadlifting 112 pounds; Trudy Daxon at age 82 pulled 150 pounds; and Carmen Gutwirth at age 70 continues to amaze me with a tireless work ethic and amazing dedication. Then there is SUPERWOMAN, Edith Traina !!! Edith is 91 years old and runs the huge 200 plus member senior programs for the Town and Country Senior Stars. She is creeping up on a 70 pound bench press, will be deadlifting close 115 or 120 pounds, and is making great progress in her goal to compete in a three lift meet. Words cannot describe this lady! You must see it to believe it. I have been blessed to have been able to train with powerlifting immortals Tony Conyers and Beau Moore, and until I met these ladies I had not seen a mental approach to the sport and life in general that could rival these two legends - these young ladies have it !!!

**POWER LEADERS:
TOM "PIPES" O'DONNELL
OF IRISH IRON**

**"As in water face reflects face, so a man's heart reveals the man."
Proverbs 27:19**

Tom "Pipes" O'Donnell of Irish Iron will be featured in the June edition of STRONG LIFE



R.A.W. United record holders Kyle Mishler (above) and Jenn Rotsinger and Tanya Magrino (below) all train under the guidance of Tom O'Donnell



**THIS ISSUE OF
STRONG LIFE MAGAZINE
IS DEDICATED TO THE MEMORY OF
SAVA TSHONTIKIDIS**



**DAD AND MOM
CHRISTMAS DAY 2012
CITY TROPICS BISTRO * INDIAN LANTIC, FL**

**BRAINS & BRAWN:
THE
SAVA TSHONTIKIDIS MEMORIAL
SCHOLARSHIP FUND**

**“He who walks with the wise will grow wise, but a companion of fools suffers harm.”
Proverbs 13:20**

The “Brains & Brawn” column in STRONG LIFE will feature the nation’s top scholar/athletes. Federation leaders and contest directors are encouraged to send bios and pictures of teenage athletes that are actively engaged in their school and local community. Please contact us at rawunitedinc@gmail.com to feature your lifter!

This inaugural issue, however, will introduce the raw powerlifting community to the Sava Tshontikidis Memorial Scholarship Fund, a college scholarship fund for high school seniors. The scholarship will serve as one of

the four initial ministries (R.A.W. United Powerlifting, the Sava Tshontikidis Memorial Scholarship Fund, STRONG LIFE Magazine, and the Gary Gordon Memorial Armed Forces Championships) that fall under the STRONG LIFE CHRISTIAN MINISTRIES, INC. umbrella.

Dad had a great sense of humor, and before we discuss the scholarship, here’s our favorite “bit” from the old days: Alan King’s “Survived by His Wife.” As a warning, it has a few bad words, but will literally bring tears to your eyes!

[Alan King Survived By His Wife - YouTube](http://www.youtube.com/watch?v=PypsMk_0QxY)
http://www.youtube.com/watch?v=PypsMk_0QxY



***Sava Tshontikidis
August 13, 1933 to February 3, 2013***

Service is an integral part of the Christian walk. It represents the foundation of leadership and is a critical component in inspiring others. My Dad was an outstanding role model in this regard; as a father, military officer, businessman, and church leader, Dad always put others before him yet had the ability to impart words of wisdom leaving you feel empowered rather than ashamed. Dad was a firm believer in the power of knowledge, and dedicating the scholarship fund in his memory was a “no brainer.” The scholarship will be for high school graduates and will be awarded annually at the Mike Witmer Memorial Open which takes place every year in May.

Application packets can be obtained at rawunitedinc@gmail.com and are designed to assess athletes in the following areas:

academic achievement, community service, platform experience, and short/long-term goals. Graduating, high school seniors that will be attending any level of post-secondary education (vocational programs, community college, or four-year universities) are eligible to apply.

Since STRONG LIFE CHRISTIAN MINISTRIES, INC. was formed in February 2013 and has yet to be awarded tax-exempt status (we are currently in the application process), the 2013 scholarship will be limited to monies raised through advertising in STRONG LIFE magazine and proceeds from our meets. Once awarded tax-exempt status, we will actively seek individual donors and businesses that support our efforts to help student athletes involved in the world’s strongest sport.



Faryn Antenucci is a sophomore at West Shore Jr./Sr. High School, a National Blue Ribbon School for academically talented students



APPAREL GIFTS ACCESSORIES



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THE TRAINING TABLE: COACHING TEENAGE LIFTERS

“He trains my hands for battle, so that my arms can bend a bow of bronze.”

Psalm 18:34

The June issue of STRONG LIFE will discuss coaching strategies for training teenage lifters



Anna Bolton of Tampa, Florida (above) and Bryan Palombo of Hudson, Florida (below) are two of RAW lifting's rising teenage stars



CONTEST SCHEDULE: ALL FEDS

**"If anyone competes as an athlete, he does not receive the victor's crown
unless he competes according to the rules."**

2 Timothy 2:5

APRIL 2013

April 20

Mid-Atlantic Open * R.A.W. UNITED

Anytime Fitness * Hagerstown, MD

Entry deadline: Saturday, March 30

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

MAY 2013

May 5

Mike Witmer Memorial Florida State Championships, Part I (open to non-residents) * R.A.W. UNITED

Jackson Springs Recreation Center * Tampa, FL

Entry deadline: April 13

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

May 11-12

Mike Witmer Memorial Florida State Championships (open to non-residents), Part II * R.A.W. UNITED

West Shore Jr./Sr. High School * Melbourne, FL

Entry deadline: April 20

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

JULY 2013

July 13-14

UPF Challenge * R.A.W. UNITED

Universal Power & Fitness Gym * Orlando, FL

Entry deadline: June 22

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

SEPTEMBER 2013

September 14-15

North American Championships * R.A.W. UNITED

Jackson Springs Recreation Center * Tampa, FL

Entry deadline: August 24

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

SEPTEMBER 2013

September 14-15

Gary Gordon Memorial Armed Forces Championships * R.A.W. UNITED

Jackson Springs Recreation Center * Tampa, FL

Entry deadline: August 24

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

OCTOBER 2013

October 19

Rev. Milton Simmons Memorial Open * R.A.W. UNITED

Anytime Fitness * Hagerstown, MD

Entry deadline: Saturday, September 28

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194

NOVEMBER 2013

November 9-10

Tony Conyers Extravaganza * R.A.W. UNITED

Jackson Springs Recreation Center * Tampa, FL

Entry deadline: October 19

Meet Director: Spero Tshontikidis

Contact info: rawunitedinc@gmail.com * 321-505-1194



Tony Conyers (left) and James Jacobs (right) in between attempts at the 2013 Beau Moore Classic

THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot*, and all featured lifters will receive a free shirt from STRONG LIFE. Congratulations to Arielle Champagne of Wesley Chapel, Florida for sending us the inaugural photo for *The Strong Shot*!



**This isn't a hoodie for female
bodybuilders or fitness contestants ...**

**Only a RAW powerlifter would go deep
in this one ...**

**GIRLS GONE
STRONG !**

CONTEST RESULTS: ALL FEDS

"I have fought the good fight, I have finished the race, I have kept the faith."

2 Timothy 4:8



The timeless Ellen Stein going deep at Eric Talmant's RAW UNITY MEET 6

ERIC TALMANT'S RAW UNITY MEET 6 FEBRUARY 23-24 JACKSON SPRINGS RECREATION CENTER * TAMPA, FL

FEB 23, Men's Full Power
Results in Kilograms:

<u>Name</u>	<u>Wt Class</u>	<u>SQ</u>	<u>BP</u>	<u>DL</u>	<u>Total</u>	<u>Coefficient</u>
Kade Weber	110	325	230	372.5	927.5	498.5
Jeremy Hamilton	100	327.5	227.5	330	885	491.8
Scott Weech	SHW	380	250	352.5	982.5	486.0
Jay Nera	100	315	205	330	850	473.8
Greg Doucette	90	260	235	287.5	782.5	458.9
Beau Moore	SHW	347.5	252.5	327.5	927.5	448.6
Brian Hopper	110	300	190	327.5	817.5	440.7
Talon Wright	90	250	172.5	287.5	710	418.1

Casey Williams	100	255	192.5	295	742.5	414.3
Chip E'Dalgo	110	287.5	165	295	747.5	401.6
Michael Bishop	100	250	177.5	287.5	715	399.0
Jimmy Doyle	100	230	175	287.5	692.5	386.0
Glendon Rowe	100	225	185	270	680	382.2
Dan Antonucci	82.5	202.5	125	272.5	600	372.8
Alastair MacNicol	90	230	135	260	625	371.1
Ivan Nelson	125	-	-	-	-	-

**FEB 23, Bench Only
Results in Kilograms:**

<u>Name</u>	<u>Wt Class</u>	<u>BP</u>	<u>Coefficient</u>
Greg Doucette	90	235	137.8
Brian Burritt	82.5	182.5	113.1
Rick Lawrence	125	192.5	102.0
Kirk Remer	100	172.5	95.5
Andres Nunez	82.5	130	85.5



Cynthia St. Clair prepares to sink it at RAW UNITY 6

**FEB 24, Women's Full Power
Results in Kilograms:**

<u>Name</u>	<u>Wt Class</u>	<u>SQ</u>	<u>BP</u>	<u>DL</u>	<u>Total</u>	<u>Coefficient</u>
Taylor Stallings	67.5	192.5	115	227.5	535	390.9
Jenn Rotsinger	52	142.5	82.5	175	400	383.2
Ann Vanderbush	82.5	175	127.5	222.5	525	347.7
Gillian Mounsey Ward	75	152.5	115	205	472.5	341.1
Ellen Stein	60	147.5	77.5	175	400	326.8
Alyssa Smith	82.5	190	87.5	210	487.5	305.2
Meghan Pellatt	60	117.5	72.5	175	365	300.3
Melissa Erwin	60	125	75	167.5	367.5	300.2
Jayne Egan	52	102.5	57.5	130	290	286.9
Cynthia St. Clair	48	80	42.5	120	242.5	285.9
Noriko Kariya	56	125	60	135	320	283.2

Claudia Saillant	48	82.5	50	105	237.5	280.0
Sally Cianciolo	67.5	115	90	170	375	272.5
Dana Harenda	56	110	52.5	137.5	300	271.6
Angela Adams	90	145	112.5	185	442.5	260.4
Krishta Spuglio	60	110	57.5	125	292.5	243.2
Jen Prouix	75	140	-	-	-	-
Sin Leung	56	110	-	160	-	-
Lisa Rothman	48	-	57.5	152.5	-	-
				4 th 155		



Lisa Rothman showing extraordinary focus and determination at RAW UNITY 6

**FEB 24, Men's Full Power
Results in Kilograms:**

<u>Name</u>	<u>Wt Class</u>	<u>SQ</u>	<u>BP</u>	<u>DL</u>	<u>Total</u>	<u>Coefficient</u>
Vashon Perryman	75	270	142.5	315	727.5	484.4
		4 th 275		4 th 325		
Jamie Lewis	82.5	275	167.5	292.5	735	478.1
Tony Conyers	75	250	172.5	272.5	695	477.7
Jeremy Scruggs	60	190	122.5	235	547.5	456.8
Paul Nguyen	75	242.5	150	292.5	685	456.6
Tom Roselli	75	232.5	157.5	242.5	632.5	429.9
Jason Manenkoff	75	202.5	167.5	247.5	617.5	412.0
Johnny Vasquez	75	227.5	147.5	230	605	402.8
Max Misch	75	212.5	125	265	602.5	402.0
Cadet Bryant	60	140	100	170	410	340.3
Doug Phan	75	160	110	237.5	507.5	339.7
Joe Morrow	67.5	207.5	-	-	-	-
Eric Talmant	67.5	200	-	-	-	-

**CHECK OUT VASHON PERRYMAN'S
ALL-TIME RECORD LIFTS
AT RAW UNITY 6:**

<http://www.powerliftingwatch.com/node/24593>

Vashon Perryman @ RUM6



*Kyle Mishler of Irish Iron en route to his first place finish at the 2013 RAW Record Breakers Meet
Kyle lifted in Saturday's morning session and worked the platform for the remainder of the
weekend, and did the same at RAW UNITY 6*

**BEAU MOORE CLASSIC
SATURDAY, MARCH 16, 2013
JACKSON SPRINGS RECREATION CENTER * TAMPA, FL**

**Flight A
IRONMAN, No Belt**

220	14-15	Ben Pruett	380	245	340	965
242	35-39	Keith Hernandez	375	300	450	1125
	20-24	Lawrence Trotta	-	335	540	875

**Flight A
IRONMAN, Belt**

220	25-29	Travis McCrackin	385	315	485	1185
	14-15	Ben Pruett	380	245	340	965
	55-59	Ret Tanner	-	300	-	-
242	35-39	Keith Hernandez	375	300	450	1125
	20-24	Lawrence Trotta	-	335	540	875
308	35-39	Patrick Ardizzone	-	415	-	-

**Flight A
RAW**

220	25-29	Will Girardeau	680	390	685	1755
	14-15	Ben Pruett	380	245	340	965
	65-69	Larry Russell	-	100	625	725
	55-59	Ret Tanner	-	300	-	-
242	40-44	James Jacobs	650	440	700	1790
	30-34	Ryan Montague	510	350	550	1410
	45-49	Rick Hoover	505	260	505	1270
	35-39	Keith Hernandez	375	300	450	1125
	20-24	Lawrence Trotta	-	335	540	875
	60-64	Joe Marsilio	135	220	250	605
	40-44	Michael Schumacher	315	-	505	-
275	30-34	Brandon Fincher	450	275	445	1170
	45-49	Rick Lawrence	-	420	-	-
	50-54	Ron Pestenski	-	-	525	-
308	35-39	Richard Ficca	655	515	655	1825
	25-29	Roy Gatlin	485	315	545	1345
308	35-39	Patrick Ardizzone	-	415	-	-

**Flight A, Best Lifters:
Keith Hernandez, IRONMAN
Will Girardeau, RAW**



Rick Hoover and Jon Wisenbaker of the Florida RAW Dogs lifted huge weight at the 2013 Beau Moore Classic



Will Girardeau owned the platform at the 2013 Beau Moore Classic, shattering the record books and capturing Best Lifter honors

Flight B

IRONMAN, No Belt

148	25-29	Richard Nichols	255	145	335	735
165	20-24	Devon Palombo	365	280	475	1120
181	18-19	Bryan Palombo	350	315	430	1095
	45-49	Gene Marcotte	310	265	390	965
	16-17	Brandon Marcotte	-	-	350	-

Flight B

IRONMAN, Belt

148	25-29	Richard Nichols	255	145	335	735
165	20-24	Devon Palombo	365	280	475	1120
	50-54	Matthew Brewer	220	195	265	680

181	35-39	Brian Highnote	410	305	500	1215
	18-19	Bryan Palombo	350	315	430	1095
	45-49	Gene Marcotte	310	265	390	965
	16-17	Billy Daher	435	-	510	-
	35-39	Bobby Keys	-	415	-	-
	40-44	Jeb Brydon	-	325	-	-
	16-17	Brandon Marcotte	-	-	350	-
	65-69	Pat O'Brien	-	-	330	-
198	16-17	John Finklea	410	365	445	1220
	20-24	Andrew Sink	205	165	300	670
	50-54	Paul Castricone	-	260	-	-
308	18-19	RJ Dud	405	250	465	1120



Brian Highnote of Blessed Iron Barbell had a record setting day at the 2013 Beau Moore Classic!

Flight B

RAW

148	25-29	Richard Nichols	255	145	335	735
165	30-34	Craig Rudolph	350	335	500	1185
	20-24	Devon Palombo	365	280	475	1120
	50-54	Matthew Brewer	220	195	265	680
	20-24	Chad Tougague	-	275	-	-

181	35-39	Brian Highnote	410	305	500	1215
	20-24	Anthony Gibson	335	295	500	1130
	18-19	Bryan Palombo	350	315	430	1095
	45-49	Gene Marcotte	310	265	390	965
	20-24	Cody Christian	285	205	430	920
	16-17	Billy Daher	435	-	510	-
	35-39	Bobby Keys	-	415	-	-
	50-54	David Viars	-	375	-	-
	40-44	Jeb Brydon	-	325	-	-
	16-17	Brandon Marcotte	-	-	350	-
65-69	Pat O'Brien	-	-	330	-	
198	40-44	Jon Wisenbaker	410	310	570	1290
	16-17	John Finklea	410	365	445	1220
	20-24	Andrew Sink	205	165	300	670
	45-49	Dave Adams	-	275	510	785
	50-54	Mark Krieger	-	280	450	730
	50-54	Paul Castricone	-	260	-	-
308	18-19	RJ Dud	405	250	465	1120

Flight B, Best Lifters:
Devon Palombo, IRONMAN
Craig Rudolph, RAW

CHECK OUT THESE RECORD LIFTS FROM THE 2013 BEAU MOORE CLASSIC!

<http://www.powerliftingwatch.com/node/24773>

RICHARD FICCA

<http://www.powerliftingwatch.com/node/24770>

WILL GIRARDEAU



A shredded Devon Palombo of Hudson, Florida was the top IRONMAN competitor at the 2013 Beau Moore Classic

**Flight C
IRONMAN, No Belt**

Women:

132	16-17	Ashanti Hernandez	132	75	165	372
148	16-17	Makayla Bentley	137	80	187	404
	70-74	Carmen Gutwirth	85	60	155	300

**Flight C
IRONMAN, Belt**

Women:

114	20-24	Chelsea Blocker	170	105	225	500
132	16-17	Ashanti Hernandez	132	75	165	372
148	35-39	Julie Wilson	260	160	300	720
	25-29	Gillian Tedeschi	175	100	302	577
	14-15	Marissa Cawthon	140	75	200	415
	16-17	Makayla Bentley	137	80	187	404
	70-74	Carmen Gutwirth	85	60	155	300
165	90-94	Edith Traina	-	55	110	165
	80-84	Trudy Daxon	-	-	140	-



Ninety-one year old Edith Traina gives a “thumbs up” after her record setting deadlift at the 2013 Beau Moore Classic

Flight C
IRONMAN, Belt
Men:

66	7-U	Logan Acevedo	-	35	-	-
148	16-17	Connor Krieger	330	225	375	930
242	12-13	Justin Schmidt	-	75	190	265



Congratulations and all of God’s Blessings to Kelsea Koenreich of Sarasota Barbell; Kelsea and Eric Koenreich were wed on October 20, 2012!



Julie Wilson was flawless, capturing Best Lifter honors and crushing the record books on every attempt

Flight C

RAW

Women:

114	20-24	Chelsea Blocker	170	105	225	500
	14-15	Anna Bolton	140	85	225	450
123	25-29	Nicole Hastings	195	120	245	560
132	25-29	Sara Flanagan	200	105	275	580
	25-29	Kelsea Koenreich	220	110	245	575
	16-17	Ashanti Hernandez	132	75	165	372
148	35-39	Julie Wilson	260	160	300	720
	25-29	Gillian Tedeschi	175	100	302	577
	14-15	Marissa Cawthon	140	75	200	415
	16-17	Makayla Bentley	137	80	187	404
	70-74	Carmen Gutwirth	85	60	155	300
165	90-94	Edith Traina	-	55	110	165
	80-84	Trudy Daxon	-	-	140	-

Flight C
RAW
Men:

66	7-U	Logan Acevedo	-	35	-	-
148	16-17	Connor Krieger	330	225	375	930
165	14-15	John Bolton	180	140	260	580
181	16-17	Emanuel Garcia	300	205	410	915
242	12-13	Justin Schmidt	-	75	190	265

Flight C, Best Lifters:
Julie Wilson, IRONMAN
Nicole Hastings, RAW

*

CHAMPION OF CHAMPIONS:

Julie Wilson, IRONMAN
Nicole Hastings, RAW

Devon Palombo, IRONMAN
William Girardeau, RAW

TEAM CHAMPIONS:

Gorilla Bench, Overall Mixed



Champion of Champions from left to right:
Will Girardeau, Devon Palombo, Nicole Hastings, and Julie Wilson



**Congratulations to
Gorilla Bench**

**Team Champions
of the
2013 Beau Moore Classic**

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